



## Kentucky Transportation Cabinet

# NEWS TO USE

### Things to Ponder

- If you must choose between two evils, chose the one that you've never tried before!
- Artificial intelligence is no match for natural stupidity!.
- Sometimes it's easier to get forgiveness than permission!
- Opportunities always look bigger going than coming!

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### NEW FACES



CDE—CASS  
"TOM" NAPIER

Mr. Cass "Tom" Napier is our new Executive Director for District 11. Tom was our Traffic Engineer back in the 70's for 5 years. He left the cabinet to work in the construction and coal industry from 1977 to 1999. Tom and his wife Patricia lived in London and raised their two daughters, Shelley who graduated from Laurel County High School in 1991 and Kendall from South Laurel High in 1993. He has two grandchildren, Campbell and Brooklyn. We are glad to welcome Tom back in District 11.



Adm. Coordinator- Mark  
Hoskins

Mr. Mark Hoskins is the new Administrative Coordinator for District 11. Mark has been employed with the Manchester Enterprise newspaper for 16 years and prior to that he worked in the coal industry with Ikerd and Bandy and Leeco Coal Companies. He is married to Michelle Emond who is a registered nurse at the Manchester Memorial Hospital. They have two children, daughter Jordan, age 14, and son Tanner, age 13.

## Staying Safe through Work Zones

1. Expect the unexpected.
2. Slow down.
3. Don't tailgate.
4. Keep a safe distance between your vehicle and the construction workers and equipment.
5. Pay attention to the signs.
6. Obey road crew flaggers.
7. Stay alert and minimize distractions.
8. Keep up with the traffic flow.
9. Schedule enough time and call 511 or go to [222.5112.ky.gov](http://222.5112.ky.gov) for KY traffic and travel information.
10. Be patient and stay calm.

**As you slide down the banister of life, may the splinters never point the wrong way!**

## APRIL — WORK ZONE SAFETY MONTH

Work Zone Safety Events were held across the state the week of April 7 to bring attention to the dangers of work zones, for both motorists and workers.

Lt. Gov. Dan Mongiardo was the speaker at our event held in Hazard on April 7, which included Districts 10, 11 & 12. Lt. Gov. Mongiardo spoke of working as a flagman for a construction company during the summer while he was attending school and seeing first hand the dangers.

Mr. David Fuson, Harlan County Resident Engineer also spoke of the dangers of work zones. David is aware of what can happen to employees as well as family members who work in



the construction industry.

Last year in KY 9 lives were lost because of collisions in work zones. In 2008 we have already had 5 fatalities in work zones. More than 40,000 people are injured each year in work zone crashes and 85% of those killed are motorists. In 2007, 1094 collisions occurred in KY work zones resulting in

57 serious injuries.

In the U.S. there is one work zone fatality every 8.2 hrs (3 a day), one work zone injury every 9 minutes (160 a day).

Work zone safety is improving, but is still a major concern. Motorists are encouraged to obey the speed limits through work zones and are reminded that someone's Dad or Mom is working to make our roads safe for all of us to travel and arrive at our destinations safely.



## Welcome to the World Baby Girl!

Brenda Metcalf, Permits secretary, is the proud grandmother of a baby girl born to her son Nicholas and his wife Candace. Addison Faith Metcalf arrived on April 30 at 3:48 PM, weighing 6 lbs. 14 ozs. and measuring 19 1/2 inches long.



# HEROES AMONG US

There have been numerous training sessions we have been required to attend and I hope everyone has enjoyed as well as learned from each of them. First aid classes are one of the most important, especially when employees learn how to save someone from choking using the Heimlick Maneuver. Wednesday, May 23, employees from the Clay Co. Maintenance Crew were having lunch at Wendy's when Brad Foster got choked on a corn chip. Johnny Frazier saw Brad trying to catch his breath and hit himself on the back. When he began turning red and jumped up

Johnny began the Heimlick Maneuver on him, after three tries he heard Brad gasp for breath and knew the obstruction had dislodged. Brad is very lucky that Johnny took quick action to use this method and was able to dislodge the obstruction. There are so many things we take for granted in our everyday lives, such as having a meal at a restaurant!

By knowing this maneuver, we hope it's never necessary to use but wonderful that we have the ability to save a co-worker or fellow human being.

JOHNNY IS A TRUE HERO!



Brad Foster—L and Johnny Frazier-R

Ask the choking person to stand if he or she is sitting.

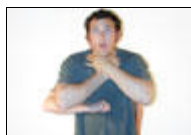
Step 2: Place yourself slightly behind the standing victim.



Step 3: Reassure the victim that you know the Heimlich maneuver and are going to help.

Step 4: Place your arms around the victim's waist

Step 5: Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.



Step 6: Grab your fist with your other hand.

Step 7: Deliver five upward squeeze-thrusts into the abdomen.



Step 8: Make each squeeze-thrust strong enough to dislodge a foreign body.



Step 9: Understand that your thrusts make the diaphragm move air out of the victim's lungs, creating a kind of artificial [cough](#).

Step 10: Keep a firm grip on the victim, since he or she can lose consciousness and fall to the ground if the Heimlich maneuver is not effective.

Step 11: Repeat the Heimlich maneuver until the foreign body is expelled.

## HEIMLICK MANEUVER



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### THIS IS YOUR NEWSLETTER!

Looking for anyone who has news to use, someone getting married, new babies, becoming a grandparent, passing a PE test, whatever, please let me know and let's share the good news!



At income tax time, did you ever notice: When you put the two words 'The' and 'IRS' together, it spells "THEIRS"

## Roadside Crew Did Good!

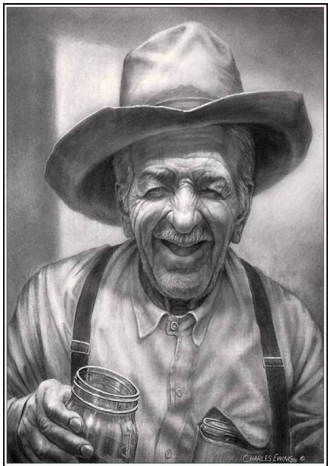
If you've traveled the Hal Rogers Parkway this spring from Clay County to Leslie County



you had the pleasure of seeing the results of Roy Rice's Roadside Crew. In April the Jonquil's were in full bloom and I was lucky enough to catch Roy admiring their handiwork. The poppies are in bloom now and just as beautiful.



## ADVICE FROM AN OLD FARMER

- Life is simpler when you plow around the stump.
  - Meanness don't jes' happen overnight.
  - Do not corner something that you know is meaner than you.
  - When you wallow with pigs, expect to get dirty.
  - Don't interfere with somethin' that ain't Botherin you none.
  - If you find yourself in a hole, the first thing to do is stop diggin'.
  - The biggest troublemaker you'll probably ever have to deal with,
- 
- If you get to thinkin' you're a person of some Influence, try orderin' somebody else's dog around.
  - It don't take a very big person to carry a Grudge.
  - A bumble bee is considerably faster than a John Deere tractor.
  - Your fences need to be horse-high, pig-tight And bull-strong.
  - Always drink upstream from the herd.

watches you from the mirror every mornin'.

Advice from an old farmer, we would do well to heed it!!